

We claim:

1. A conduit management system comprising:
 - at least one channel support member;
 - at least one opening contained within the channel support member for retaining one or more conduits; and
 - at least one retaining member positioned near the opening for restricting movement of the conduit within the opening.
2. The conduit management system of claim 1 wherein the retaining member comprises a clip member attached to the channel support member.
3. The conduit management system of claim 1 wherein the retaining member comprises an element having a residual pattern formed by cutting the opening in the channel support member.
4. The conduit management system of claim 1 further comprising at least one aperture in the channel support member for attaching the retaining member to the channel support member.
5. The conduit management system of claim 1 further comprising a support lip extending from at least a portion of a perimeter of the opening in the channel support member.
6. The conduit management system of claim 1 further comprising at least one screw hole contained in the channel support member for securing the conduit system to at least a portion of a building.
7. The conduit management system of claim 1 wherein the channel support member comprises a “j” shaped or “c” shaped configuration.

8. The conduit management system of claim 1 wherein the openings are spaced apart equidistantly from one another.
9. The conduit management system of claim 1 wherein the channel support member includes multiple groups of five openings grouped together that are spaced approximately one foot apart.
10. The conduit management system of claim 1 wherein the channel support member is comprised of at least one of a metal, a plastic, a composite.
11. The conduit management system of claim 1 wherein the retaining member is comprised of at least one of a spring metal, a flexible plastic, a rubber, or a flexible composite.
12. A method for managing conduit comprising:
 - providing at least one channel support member;
 - providing at least one opening contained within the channel support member for retaining one or more conduits; and
 - providing at least one retaining member positioned near the opening for restricting movement of the conduit within the opening.
13. The method of claim 12, wherein said step of providing at least one channel support member comprises providing a "j" shaped or a "c" shaped channel support member.

14. The method of claim 12, wherein said step of providing at least one retaining member positioned near the opening for restricting movement of the conduit within the opening comprises providing an element having a residual pattern formed by cutting the opening in the channel support member.

15. The method of claim 12, wherein said step of providing at least one opening contained within the channel support member comprises providing multiple groups of five openings on said channel support member which are grouped together and spaced approximately one foot apart.

16. The method of claim 12, wherein said step of providing at least one retaining member positioned near the opening for restricting movement of the conduit within the opening comprises,

providing a retaining member comprising at least one of a of spring metal, a flexible plastic, a rubber, and a flexible composite material.

17. The method of claim 12, wherein said step of providing at least one channel support member comprises providing at least one screw hole contained in said channel support member for securing the conduit system to at least a portion of a building.

18. The method of claim 12, where said step of providing at least one retaining member positioned near the opening for restricting movement of the conduit within the opening comprises providing a clip member attached to the channel support member.